



Warm Shrimp and Escarole Salad

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



252 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 fillet anchovy packed in oil, drained
- 2 tablespoons capers drained chopped
- 10 cups endive
- 2 large garlic clove finely chopped
- 4 servings pepper freshly ground
- 1 tablespoon juice of lemon fresh
- 2 tablespoons olive oil
- 3 tablespoons parmesan finely grated

- 8 radishes trimmed quartered
- 1.3 pounds shrimp deveined peeled
- 1 tablespoon butter unsalted

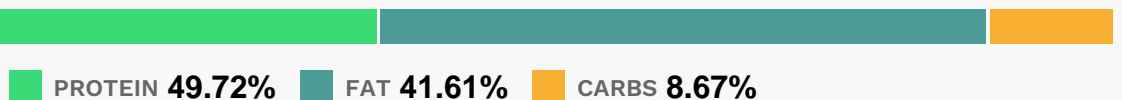
Equipment

- frying pan

Directions

- Heat oil and butter in a large skillet over medium heat.
- Add anchovies and cook, mashing with the back of a spoon, until anchovies dissolve and a paste forms, about 3 minutes.
- Add garlic and capers; cook, stirring constantly, until garlic is fragrant but not brown, about 1 minute.
- Increase heat to medium-high.
- Add radishes and cook, tossing often, until crisp-tender, about 3 minutes.
- Add shrimp; cook, tossing occasionally, until just cooked through, about 4 minutes.
- Add half of escarole and toss until beginning to wilt, about 1 minute.
- Add remaining escarole and toss until wilted, about 1 minute more.
- Remove from heat.
- Add Parmesan and lemon juice. Season with salt and pepper; toss to combine.
- Per serving: 300 calories, 14 g fat, 4 g fiber
- Bon Appétit

Nutrition Facts



Properties

Glycemic Index: 41.5, Glycemic Load: 0.37, Inflammation Score: -9, Nutrition Score: 20.90304336211%

Flavonoids

Pelargonidin: 5.05mg, Pelargonidin: 5.05mg, Pelargonidin: 5.05mg, Pelargonidin: 5.05mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 17.95mg, Kaempferol: 17.95mg, Kaempferol: 17.95mg, Kaempferol: 17.95mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.94mg, Quercetin: 6.94mg, Quercetin: 6.94mg, Quercetin: 6.94mg

Nutrients (% of daily need)

Calories: 251.54kcal (12.58%), Fat: 11.94g (18.37%), Saturated Fat: 3.62g (22.65%), Carbohydrates: 5.6g (1.87%), Net Carbohydrates: 1.4g (0.51%), Sugar: 0.62g (0.69%), Cholesterol: 239.49mg (79.83%), Sodium: 373.05mg (16.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.1g (64.2%), Vitamin K: 294.55µg (280.53%), Vitamin A: 2833.49IU (56.67%), Folate: 181.78µg (45.44%), Phosphorus: 373.44mg (37.34%), Copper: 0.71mg (35.47%), Manganese: 0.62mg (31.05%), Potassium: 810.18mg (23.15%), Calcium: 210.95mg (21.1%), Zinc: 3.08mg (20.56%), Magnesium: 73.79mg (18.45%), Fiber: 4.2g (16.8%), Vitamin C: 11.4mg (13.82%), Vitamin B5: 1.19mg (11.88%), Iron: 2.04mg (11.35%), Vitamin E: 1.7mg (11.35%), Vitamin B2: 0.12mg (7.27%), Vitamin B1: 0.11mg (7.23%), Vitamin B3: 0.85mg (4.27%), Selenium: 2.18µg (3.11%), Vitamin B6: 0.06mg (2.93%), Vitamin B12: 0.06µg (1.06%)